

SF 523

.D2



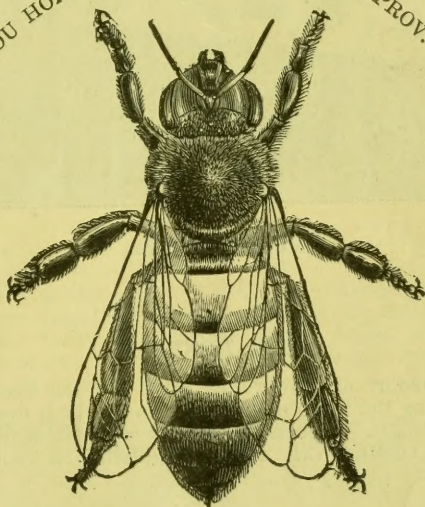


Dadant, Camille Pierre

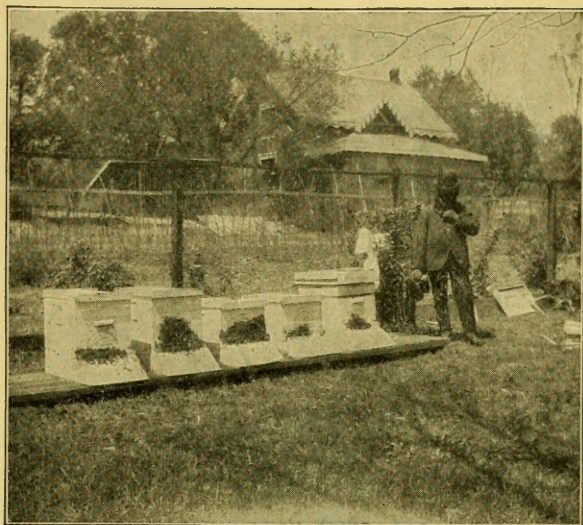
*C357
47*

FACTS ABOUT HONEY

EAT THOU HONEY BECAUSE IT IS GOOD—PROV. XXIV-13



WHAT HONEY IS
HOW TAKEN FROM THE BEES
ITS VALUE AS FOOD
HONEY RECIPES



Modern Beehives

WHAT HONEY IS

Honey is the nectar of flowers gathered by the bees and ripened by them in their hive by the fanning of their wings which evaporates the water out of it and thickens it. A chemical change also takes place, by the action of the bees, which modifies this nectar into delicious honey.

WHERE HONEY IS GATHERED

It is gathered wherever flowers bloom in profusion, as far north as Finland and farther north than Quebec in Canada, during the summer months. The warmer climates of course are more favorable to honey production, since flowers bloom in greater profusion and during a longer period. As a rule, honey in the warmer climates is therefore lower in price than in colder countries. The honey of those countries is usually stronger in flavor than that produced in the north, the southern flowers being more rank and of a stronger fragrance.

DIFFERENT FLAVORS OF HONEY

Nearly all flowers secrete nectar, though some kinds yield more than others. Very few consumers realize that the difference in flavor and color of different honeys is due to the nectar being gathered from *different kinds of flowers*.

For instance, honey gathered from white clover blossoms or from alfalfa blossoms is very light in color and mild in flavor. On the other hand, honey from buckwheat blossoms is very dark colored and strong in taste. Honey from goldenrod or Spanish needle is of a bright amber or golden color, much prized by some consumers.

©CIA426055

JAN 29 1916

As there are thousands of different kinds of flowers, so there are thousands of different flavors of nectar, all gathered by the bees. In each locality, however, the flowers of certain plants are more abundant than all other flowers combined and produce more nectar than all other flowers. From such plants the main crop of honey is gathered.

In the east and north and in Canada, white clover and buckwheat are the main sources of honey, with sometimes a little basswood, also called linden. In the central states, white clover, sweet clover, heartsease and Spanish needles are the principal honey-producing flowers. In the southern states, sweet clover, horsemint, mesquite, cotton, tupelo, etc., produce large crops.

In the west, alfalfa, sweet clover, white sage and other mountain flowers yield abundant crops.

Each of the flowers named produces honey of a different flavor. As a rule, light-colored honey is mild, while the dark-colored is strong in flavor.

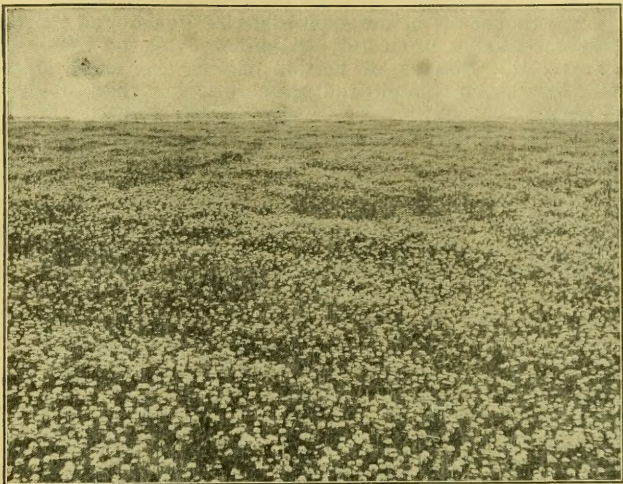
PRINCIPAL KINDS OF HONEY

Alfalfa honey	Very light color	Mild flavor
Aster honey	Light amber color	Medium flavor
Basswood honey	Light color	Pronounced flavor
Buckwheat honey	Dark color	Pronounced flavor
Cleome honey	Light color	Medium flavor
Cotton honey	Light color	Medium flavor
Heartsease honey	Light amber color	Mild flavor
Horsemint honey	Amber color	Strong flavor
Mesquite honey	Light amber	Medium flavor
Orange blossom	Light color	Mild flavor
Sage (white) honey	Light color	Mild flavor
Spanish needle	Amber color	Pronounced flavor
Sweet clover	Light color	Mild flavor
White clover	Very light color	Mild flavor

These are some of the principal honey-yielding plants of North America. Although the bees usually gather only from the main blooming plant, at times they gather honey from every source within their reach. This accounts for the fact that honey, called by the same name, sometimes varies considerably in color and flavor.



"Hiving" a Swarm of Bees



A Field of White Clover in Full Bloom

Honey from white clover, alfalfa, sweet clover or basswood is so light in color that many people who have never eaten any other kind are apt to think the other kinds are not pure.



A Field of Buckwheat in Full Bloom

Although buckwheat blossoms are of the same color as white clover, their honey is not only very dark but also strong in odor and flavor. It smells and tastes just as the bloom smells. Spanish needle honey is of deep golden color and pronounced flavor, very different from the clovers.

HOW HONEY IS PRODUCED

The old way—Before beekeeping became a science, the common way of securing honey was to destroy the bees usually by sulphur fumes or by driving them out of their hive with dense smoke. Bees were kept in logs or gums and box hives, and the combs containing the honey had to be cut out. The honey was then pressed out of the combs and as it often contained more or less bee-bread or pollen, bee-glue, bits of wood, dead bees and other foreign matters, it was rarely of good quality. Honey secured in this way was called and is still called "strained honey," which is quite different from the modern "extracted honey," which we are about to describe.



Honey From a Bee Tree—The Old Way—Lots of Trouble and Forty Pounds of Honey

Although the old way of getting honey from trees out of hollow logs or from boxes was a very romantic procedure, it was a very unprofitable method and the honey was rarely of good quality. The bees had to be destroyed and this interfered seriously with the future supply.



Bees in the Old Style Box-hives

The combs of the bees, in these hives, being fastened to the inner walls of the box, it was impossible to remove the honey without destroying or damaging the bees. Besides, they could not be cared for when they were queenless, or diseased, or needed help.

HOW HONEY IS PRODUCED

THE NEW WAY—Scientific beekeeping has entirely done away with the destruction of the bees to secure their honey. By means of the movable-frame hives and honey sections, in which each comb is hung separately in a frame, the careful beekeeper can take the surplus honey from his hives without killing a single bee and without getting his hands daubed with honey. As the modern way of handling bees has been in use for but a comparatively short time, many persons imagine that because the combs are so straight and the honey so nice in appearance it must be adulterated. Nothing is farther from the facts.

Honey handled in the new way is pure and perfectly sanitary as it does not come in contact with the fingers of anyone or anything but the bees themselves, before it is sold.

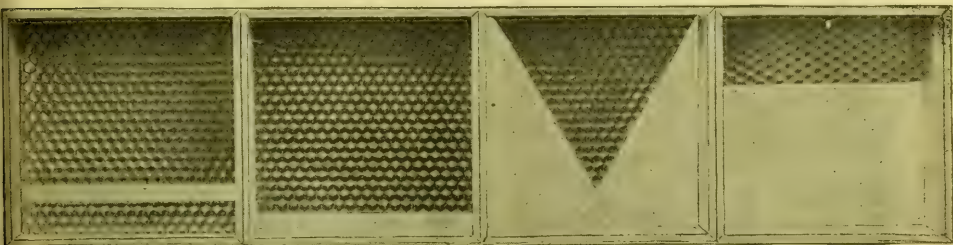


Taking Honey from the Bees in a Modern Apiary

In a modern apiary the honey is taken from the bees in a sanitary as well as humane way. By means of a little smoke they are rendered docile without injuring them. The frames may be handled without killing a single bee.

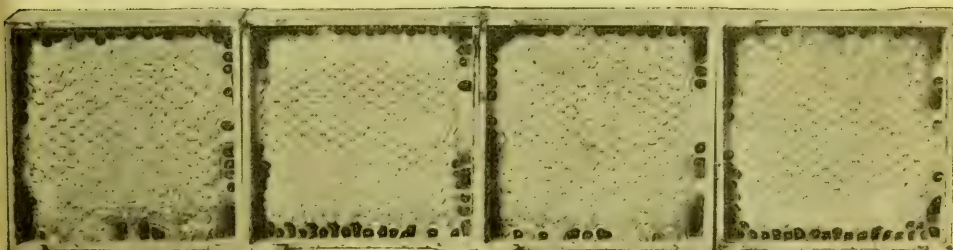
HOW HONEY IS PRODUCED

COMB-HONEY—When bees gather nectar, they store it in their combs. These may be irregularly built, large or small, if they are left to their own devices and it usually is impossible to remove them without breaking them. But with the modern methods, the hives are supplied with little square wooden boxes or **COMB HONEY SECTIONS**, containing comb guides made of pure beeswax. These guides are called **COMB-FOUNDATION**, because they are built with the imprint of the cells and are the foundation or base of the comb, made from their own wax. They accept nothing but their own product, in this way. Comb-foundation acts as a guide and secures straight combs in the sections, an indispensable requirement in producing comb-honey for market.



Comb-Honey Sections as Given to the Bees by the Beekeeper

Man has found it impossible to build the full comb. The bees themselves finish the work by adding their own wax to the foundation given them and filling it with honey.



Comb-Honey—The Finished Product of the Bees

This shows sections of honey as taken from the bees by the beekeeper. Note that the bees have fastened each comb to the wall of the sections and sealed the cells after filling them. No two sections are alike in finish, as they would be if it were possible to fill them by human processes. The bees do not finish any two combs exactly alike any more than mother Nature makes any two men exactly alike. Sections of honey may be compared with the leaves on the trees, all are similar but no two are exactly alike.

CHUNK HONEY—Sometimes the beekeeper gives the bees large frames to be filled, instead of small sections. In that case, the honey, comb and all, is cut out and put into pails or cans with enough liquid honey to fill the spaces. This is called **CHUNK HONEY**. It is a favorite method of harvesting honey in some southern states, such as Texas. A few beekeepers in the north also follow this method.

HOW HONEY IS PRODUCED

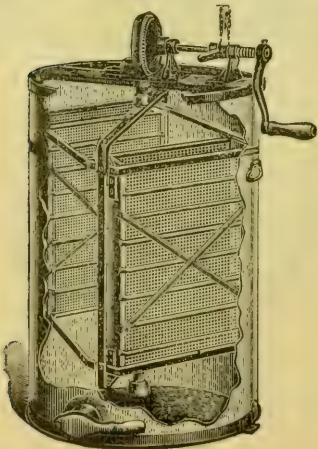
EXTRACTED HONEY—Honey may be produced more economically, if the combs can be emptied and returned to the bees to be filled again. Combs cost the bees a great deal of labor and expense, for they are produced by digesting honey—a process of nature very similar to the production of fat in cattle—and taking the little scales of wax while they are warm to build the comb. Beekeepers have succeeded in removing the honey from the comb without injuring it, by the use of a **HONEY EXTRACTOR**, and honey produced in this way is called **EXTRACTED HONEY**.

In the production of extracted honey, the beekeeper uses large frames, instead of small square boxes, because the frames are more easily handled in a honey extractor.

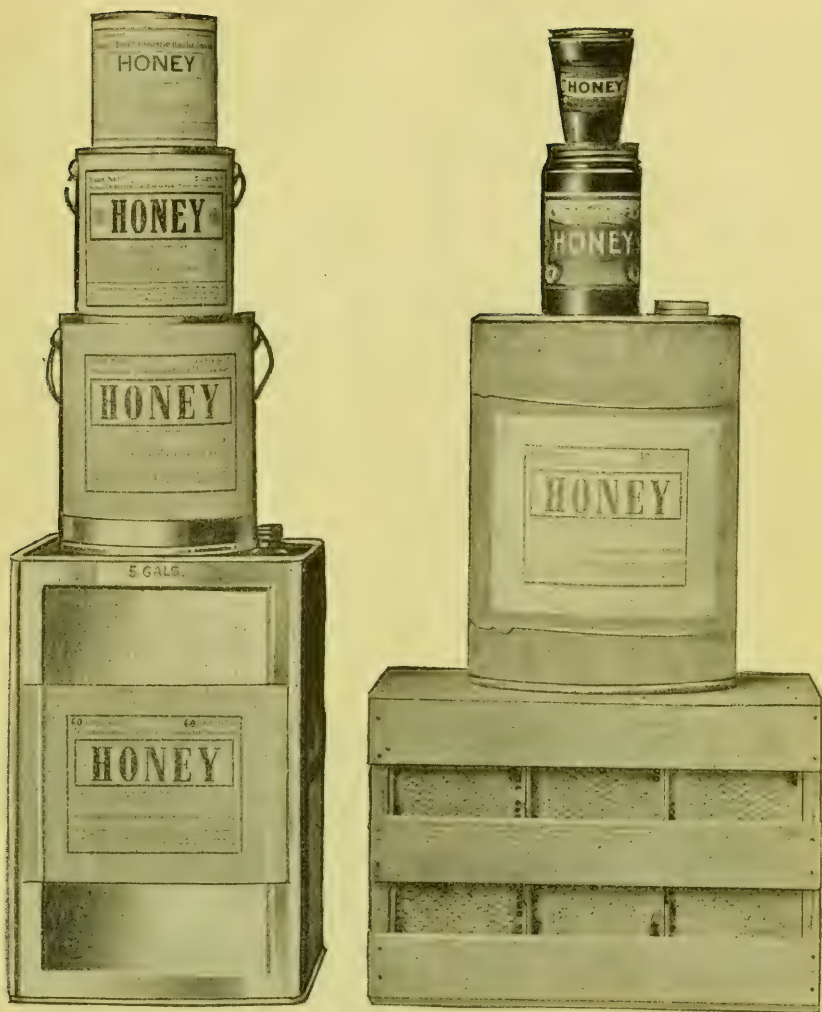


Uncapping the Combs and Extracting the Honey

This shows the process of extracting. The extractor consists of screen baskets hung on a reel. The combs are placed in the baskets, after the cappings or covers of the cells have been removed with the uncapping knife. The reel causes the baskets to revolve very rapidly and centrifugal force throws the honey out of the combs against the sides of the can. The combs are returned to the bees who repair the slight damage done and refill them rapidly. For this reason, extracted honey is more economical to produce than comb-honey, for with comb-honey production the bees have to build their combs each time. That is why extracted honey is sometimes cheaper than comb-honey, although it is the pure honey, minus the wax.



HONEY-EXTRACTOR—The accompanying cut shows the construction of a honey-extractor. The reels and baskets may be seen. The invention of the honey-extractor in 1865 has done more for honey production on a large scale than any other thing except the invention of the movable frame hives.



Honey in Standard Packages

PURITY OF HONEY

Before the enactment of pure food laws, honey was sometimes adulterated with glucose or cheap syrups. Now all packages labeled "HONEY" must be marked with their minimum net weight and must contain the pure article gathered by the bees.

GRANULATION OF HONEY

Thick, well-ripened honey often candies or granulates when exposed for a time to air and cold. Some grades of honey even granulate in the cells. Extracted honey usually granulates at the opening of cold weather and keeping it in a warm room does not always prevent granulation. This change of condition, however, is not in any way injurious and many people prefer the granulated honey to the liquid article. Exposing it to heat returns it to the liquid state. The best way to liquefy honey is to place the can or pail in warm water, being very careful not to let the water boil, as too much heat would spoil the flavor and color. Honey liquefied in this way is usually slow to granulate again.

THE FOOD VALUE OF HONEY

In the days of our grandfathers honey had a place on every table. Honey and maple syrup were the only sweets supplied to the family. Refined sugar, as now used, was unknown. A few bees were kept to supply honey the same as a cow was kept to furnish the family milk and butter. As the conditions of the country changed and ways of living became more complicated, new food products appeared upon our tables, and substitutes took the place of things formerly regarded as necessities.

The dairy interests of the country made a tremendous fight to prevent oleomargarine from replacing butter and the sentiment created by this organized effort was sufficient to create a demand for butter from the American public, rather than for its cheaper and inferior substitute.

Unfortunately, the beekeepers have not been organized, and while butter has continued to grow in demand and sell at constantly higher prices, the demand for honey which was once well nigh universal has been largely supplied by corn syrup and other inferior products, while honey sells at a lower price than it brought half a century ago.

IS HONEY A LUXURY

While it may not be a necessity, no more is it a luxury than is butter or beefsteak. Some writers have pointed out that because one could not live on honey alone, it was a luxury and should be sold as such. One could as well live on honey alone as on butter alone, yet no one regards butter as a luxury.

A fair basis of values of food products is the actual food units which they contain. In order to secure reliable information as to the food values of the products which we wish to compare with honey, we have taken the table compiled by Hon. W. B. Barney, of the Iowa food and dairy department. With this table at hand we went to a retail store where the usual retail prices prevail, and purchased different products of equal food value.



Fig 1—Four Articles of Equal Food Value—7 Ounces Honey, One Quart Milk, 15 Ounces Codfish and Ten Eggs

Figure 1 shows 3 articles, with food value equal to 7 ounces of honey. For the quart of milk we paid 10 cents, for the codfish 20 cents, and for the eggs 25 cents. Milk and eggs are generally recognized as necessities, yet as far as food value is concerned the eggs cost more than twice as much as the honey, and the milk is slightly higher in price.

In Fig. 2 is shown a 12-ounce steak which costs at retail 15 cents, yet which, according to Mr. Barney's table, is only equal to 7 ounces of honey in food value. When beefsteak is regarded as a necessity even by those who are working for the lowest wages, why should the impression grow that honey is a luxury at half the price? Nine cents worth of cream cheese is equal to 7 ounces of honey, yet even this costs more than the product of

USE OF HONEY IN COOKING

As honey eaten in its natural state is so healthful, it is very evident that similar results may be obtained if it is used in the place of sugar in cooking. Foods prepared with honey are not only better than those prepared with sugar, cheap molasses or syrups, but they will keep better. Baked foods, especially such as cakes, cookies and breads, retain their freshness much longer if honey is used. This is due largely to the fact that honey absorbs moisture, while sugar, on the contrary, readily becomes dry.

RECIPES

HONEY FRUIT CAKE

Take $1\frac{1}{2}$ cups of honey, 2-3 cup of butter, $\frac{1}{2}$ cup of sweet milk, 3 eggs well beaten, 3 cups of flour, 2 teaspoonfuls of baking powder, 2 cups raisins, 1 teaspoonful each of cloves and cinnamon.

MRS. MINNICK'S SOFT HONEY-CAKE

Put scant teaspoonful soda in teacup, pour 5 tablespoonfuls hot water on the soda; then fill the cup with extracted honey. Take $\frac{1}{2}$ cup of butter and 1 egg and beat together; add 2 cups of flour and 1 teaspoonful of ginger; stir all together, and bake in a *very* slow oven.

HONEY-CAKE

One quart of extracted honey, $\frac{1}{2}$ pint sugar, $\frac{1}{2}$ pint melted butter, 1 teaspoonful soda, dissolved in $\frac{1}{2}$ teacup of warm water, $\frac{1}{2}$ of a nutmeg and 1 teaspoonful of ginger. Mix these ingredients and then work in flour and roll. Cut in thin cakes and bake on buttered tins in a quick oven.

HOWELL'S HARD HONEY-CAKE

Take 6 pounds of flour, 3 pounds of honey, $1\frac{1}{2}$ pounds of sugar, $1\frac{1}{2}$ pounds of butter, 6 eggs, $\frac{1}{2}$ ounce saleratus; ginger to your taste. Have the flour in a pan or tray. Pack a cavity in the center. Beat the honey and yolks of eggs together well. Beat the butter and sugar to cream and put into the cavity in the flour; then add the honey and yolks of the eggs. Mix well with the hand, adding a little at a time, during the mixing. The $\frac{1}{2}$ ounce of saleratus dissolved in boiling water until it is all in. Add the ginger, and finally add the whites of the 6 eggs, well beaten. Mix well with the hand to a smooth dough. Divide the dough into 7 equal parts, and roll out like gingerbread. Bake in ordinary square pans made for pies, from 10x14 inch tin. After putting into the pans, mark off the top in $\frac{1}{2}$ -inch strips with something sharp. Bake an hour in a moderate oven. Be careful not to burn, but bake well. Dissolve sugar to glaze over top of cake. To keep the cake, stand on end in an oak tub, tin can, or stone crock—crock is best. Stand the cards up so the flat sides will not touch each other. Cover tight. Keep in a cool, dry place. Don't use until three months old, at least. The cake improves with age, and will keep good as long as you will let it. Any cake sweetened with honey does not dry out like sugar or molasses cake, and age improves or develops the honey-flavor. This recipe has been used with unvarying success and satisfaction for 100 years in the family that reports. A year's supply of this cake can be made up at one time, if desired.

SCRIPTURE HONEY-CAKE

One cupful of butter—Judges v. 25; $3\frac{1}{2}$ cupfuls of flour—I. Kings iv. 22; 2 cupfuls of sugar—Jeremiah vi. 20; 2 cupfuls of raisins—I. Samuel xxx. 12; 2 cupfuls of figs

—I. Samuel xxx. 12; 1 cupful of water—Genesis xxiv. 17; 1 cupful of almonds—Genesis xliii. 11; little salt—Leviticus ii. 13; 6 eggs—Isaiah x. 14; 1 large spoonful of honey—Exodus xvi. 31; sweet spices to taste—I. Kings x. 2.

Follow Solomon's advice for making good boys, and you will have a good cake—Prov. xxiii. 14. Sift two teaspoonfuls of baking powder in the flour; pour boiling water on the almonds to remove the skins, seed the raisins, and chop the figs. It makes one large or two small cakes.

HONEY TEA-CAKE

1 cup honey, $\frac{1}{2}$ cup sour cream, 2 eggs, $\frac{1}{4}$ cup butter, 2 cups flour, scant $\frac{1}{2}$ teaspoonful soda, 1 teaspoonful cream-of-tartar. Bake 30 minutes in a moderate oven.—Miss M. Candler.

OBERLIN HONEY LAYER-CAKE

2-3 cup of butter, 1 cup honey, 3 eggs beaten, $\frac{1}{2}$ cup milk. Cream the butter and honey together, then add the eggs and milk. Then add 2 cups flour containing $1\frac{1}{2}$ teaspoonfuls baking-powder previously stirred in. Then stir in flour to make a stiff batter. Bake in jelly-tins. When the cakes are cold, take finely flavored candied honey, and after creaming it, spread between the layers.

HONEY NUT-CAKES

8 cups sugar, 2 cups honey, 4 cups milk or water. 1 lb. almonds, 1 lb. English walnuts, 3 cents' worth each of candied lemon and orange peel, 5 cents' worth citron (the last three cut fine), 2 large tablespoonfuls soda, 2 teaspoonfuls cinnamon, 2 teaspoonfuls ground cloves. Put the milk, sugar and honey on the stove to boil 15 minutes; skim off the scum, and take from the stove. Put in the nuts, spices, and candied fruit. Stir in as much flour as can be done with a spoon. Set away to cool, then mix in the soda (don't make the dough too stiff.) Cover up and let stand over night, then work in enough flour to make a stiff dough. Bake when you get ready. It is well to let it stand a few days, as it will not stick so badly. Roll out a little thicker than a common cookie, cut in any shape you like.

This recipe originated in Germany, is old and tried and the cake will keep a year or more.—Mrs. E. Smith.

OBERLIN HONEY FRUIT-CAKE

$\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup honey. 1-3 cup apple jelly or boiled cider, 2 eggs well beaten, 1 teaspoonful soda, 1 teaspoonful each of cinnamon, cloves and nutmeg, 1 teacupful each of raisins and dried currants. Warm the butter, honey and apple jelly slightly, add the beaten eggs, then the soda dissolved in a little warm water; add spices and flour enough to make a stiff batter, then stir in the fruit and bake in a slow oven. Keep in a covered jar several weeks before using.

SOFT HONEY-CAKE

1 cup butter, 2 cups honey, 2 eggs, 1 cup sour milk, 2 teaspoonfuls soda, 1 teaspoonful ginger, 1 teaspoonful cinnamon, 4 cups flour.
—*Chalon Fowls.*

HONEY AND ALMOND CAKES

Put into a saucepan two cupfuls of liquid honey with three-fourths pound of powdered sugar. Cook two or three minutes, add a quarter pound of almonds chopped and cook five minutes longer. Now add enough flour to make a stiff dough. Take from the fire, and when slightly cooled, add eight ounces of candied orange peel, cut fine, the yellow rind of a lemon, a half teaspoonful each of ground cinnamon and grated nutmeg, a half teaspoonful of soda, a pinch of salt and a glass of grape juice. While the dough is still warm, roll thin and stamp into little rectangles. Bake in a moderate oven and when cold, ice.

MASHED POTATO CAKE

Two cups of mashed potatoes, 1 cup of sugar, 1 cup of honey, 1 cup of butter, 1 cup of sour milk, 4 eggs, 2 level teaspoons of soda, 1 quarter cup of grated chocolate, 1 teaspoon each of nutmeg and cinnamon, ½ teaspoon of cloves, 2 cups of flour, 1 cup of chopped nut-meats and 2 cups of chopped raisins.

Beat the butter and sugar and honey to a cream, add the well-beaten eggs, then the chocolate, milk, soda, flour, mashed potatoes, spices, nut-meats and raisins. Turn into a buttered and floured cake-tin and bake in a moderate oven.

THANKSGIVING COFFEE CAKE

Cream 1 cup of butter and 1 scant cup of sugar, add 1 beaten egg, 1 scant cup of honey, 1 cup of cold coffee, 2 cups of currants, 1 teaspoon of cinnamon, 1 teaspoon of nutmeg, ½ teaspoon of allspice, 2 teaspoons of cream of tartar, 1 teaspoon of soda and 4 cups of flour.

ANOTHER COFFEE CAKE

Cream 1 cup of butter and 1½ cups of sugar, add 2 beaten eggs, 1 cup of cold coffee, ½ cup of honey, 1 teaspoon of soda, 1 teaspoon of cinnamon, 1 teaspoon of cloves, 4 cups of flour, add as many raisins and currants as you like. Let stand twenty minutes before baking.

GOTHAM HONEY GINGER-CAKE

Rub ¾ of a pound of butter into a pound of sifted flour; add a teacupful of brown sugar, 2 tablespoonfuls each of ground ginger and caraway seed. Beat 5 eggs and stir in the mixture alternately, with a pint of extracted honey. Beat all together until very light. Turn into a shallow square pan and set in a moderate oven to bake for one hour. When done, let cool and cut into squares.

GINGER HONEY-CAKE

1 cup honey, ½ cup butter, or drippings, 1-tablespoonful boiled cider, in half a cup of hot water (or ½ cup sour milk will do instead). Warm these ingredients together, and then add 1-tablespoonful ginger and 1 teaspoonful soda sifted in with flour enough to make a soft batter. Bake in a flat pan.—*Chalon Fowls.*

GINGER-BREAD

4 eggs, 4 cups of flour, 1 cup of butter, ½ cup of honey, 1 cup of sugar, 1 cup of sour

milk or buttermilk, 1 teaspoon each of ginger, cloves and cinnamon, 1 teaspoon of soda dissolved in the milk, 1 cup of seedless raisins dredged in the flour.

CAMBRIDGE GINGERBREAD

½ cup of butter, ½ cup of boiling water, 1 cup of honey, 1 egg, 3 cups of flour, 3 teaspoons of baking powder, ½ teaspoon of salt, 1 teaspoon of cinnamon, ½ teaspoon of cloves, 1 teaspoon of ginger. Melt butter in the water, add the honey and beaten egg and the other ingredients. Bake forty minutes in a moderate oven.

GINGER SNAPS

Bring to a boil 2 cups of honey and 1 cup of butter or ¾ cup of lard and then cool. Add 3 teaspoons of soda and beat until very light. Put two tablespoons of ginger into the flour, then pour in the butter and honey and mix stiff enough to roll without sticking. Bake in a rather quick oven.

EGGLESS COOKIES

1 cup of sugar, 1 cup of honey, 1 cup of milk, 1 cup of butter, ½ teaspoon of nutmeg, ½ teaspoon of soda and flour to roll.

COOKIES

1 cup of sugar, 1 cup of honey, 1 cup of butter, 1 cup of sour cream, 3 eggs, 1 teaspoon of soda, 1 teaspoon of flavoring and flour to roll.

HONEY GINGER-SNAPS

1 pint honey, ¾ pound of butter, 2 teaspoonfuls of ginger, boil together a few minutes and when nearly cold put in flour until it is stiff, roll out thinly and bake quickly.

MRS. BARBER'S HONEY-COOKIES

1 large teacupful of honey. 1 egg broken into the cup the honey was measured in, then 2 large spoonfuls sour milk and fill the cup with butter or good beef dripping. Put in 1 teaspoonful of soda and flour to make a soft dough. Bake in a moderate oven a light brown.

MARIA FRASER'S HONEY-JUMBLES

2 cups honey, 1 cup butter, 4 eggs (mix well), 1 cup buttermilk (mix), 1 good quart of flour, 1 level teaspoonful soda or saleratus. If it is too thin, stir in a little more flour. If too thin it will fall. It does not want to be as thin as sugar-cake. Use very thick honey. Be sure to use the same cup for measure. Be sure to mix the honey, eggs and butter well together.

MOORE'S HONEY GINGER SNAPS

1 pint of honey, 1 teaspoonful of ginger and 1 teaspoonful of soda, dissolved in a little water and 2 eggs. Mix all, then work in all the flour possible, roll very thin and bake in a moderately hot oven. Any flavoring extracts can be added, as you may wish.

MOORE'S HONEY JUMBLES OR COOKIES

are made in the same way as the above, without any sugar or syrup, but add some shortening. In using honey for any kind of cakes, the dough must be as stiff with flour as possible, to keep them from running out of the stove.

HONEY-JUMBLES

2 cups flour, 3 tablespoonfuls melted butter, ¼ pint molasses, 1½

level tablespoonfuls soda, 1 level teaspoonful salt, $\frac{1}{4}$ pint water, $\frac{1}{2}$ teaspoonful vanilla.

The jumbles and the gems immediately preceding are from recipes used by bakeries and confectioners on a large scale, one firm in Wisconsin alone using ten tons of honey annually in their manufacture.

OBERLIN HONEY-COOKIES

3 teaspoonfuls soda dissolved in 2 cups warm honey, 1 cup shortening containing salt, 2 teaspoonfuls ginger, 1 cup of hot water, flour sufficient to roll.

HONEY GINGER-SNAPS

1 pint honey, $\frac{3}{4}$ pound butter, 2 teaspoonfuls ginger. Boil together few minutes and when nearly cold put in flour until it is stiff. Roll out thin and bake quickly.

AIKEN'S HONEY-COOKIES

1 teacupful extracted honey, 1 pint sour cream, scant teaspoonful soda, flavoring if desired, flour to make a soft dough.

HONEY JUMBLES

Chop finely $\frac{1}{4}$ pound each of citron and candied orange peel; place in a nappy and just cover with warm strained honey and let stand over night in a warm place. Beat 2 eggs and 1 cupful of white sugar until smooth; add the fruit and honey, a little salt and $2\frac{1}{2}$ cupfuls of flour. Knead to a smooth dough, roll thin, cut into fancy shapes and bake in a rather quick oven.

OATMEAL GEMS

$\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup of honey, 1 cup of butter and lard mixed, 1 cup of sour milk, 1 teaspoon of soda, 2 eggs, 2 cups of oatmeal, 2 cups of flour, 1 cup of raisins, 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon each of nutmeg and ginger. Bake in gem pans.

HONEY-GEMS

2 quarts flour, 3 tablespoonfuls melted lard, $\frac{3}{4}$ pint honey, $\frac{1}{2}$ pint of molasses, 4 heaping tablespoonfuls brown sugar, $1\frac{1}{2}$ level tablespoonfuls soda, 1 level teaspoonful salt, 1-3 pint water, $\frac{1}{2}$ teaspoonful extract vanilla.

MOCK MINCE PIE

Roll and crush 12 crackers, add to this $\frac{1}{2}$ cup of vinegar, 1 cup of sugar, 1 cup of hot water, $\frac{1}{2}$ cup of honey, 1 cup of currants and 1 cup of raisins. Makes 4 pies.

PUMPKIN PIE

To 2 large cups of stewed pumpkin add $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup of honey, 2 eggs, 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon of nutmeg, a scant teaspoon of vanilla, a pinch of salt, a very little (about an $\frac{1}{8}$ of a teaspoon) cloves and ginger, 1 tablespoon of flour and 2 cups of rich milk.

This makes 2 large pies or 3 small ones.

HONEY-CARAMELS

1 cup extracted honey of best flavor, 1 cup granulated sugar, 3 tablespoonfuls sweet cream or milk. Boil to "soft crack," or until it hardens when dropped into cold water, but not too brittle—just so it will form into a soft ball when taken in the fingers. Pour into a greased dish, stirring in a teaspoonful extract of vanilla just before taking off. Let it be $\frac{1}{2}$ or $\frac{3}{4}$ inch deep in the dish; and as it cools, cut in squares and wrap each square in paraffine paper, such as grocers wrap butter in. To make chocolate-caramels, add to the foregoing 1

tablespoonful melted chocolate, just before taking off the stove, stirring it in well. For chocolate-caramels it is not so important that the honey be of best quality.—C. C. Miller.

HONEY AND TAR COUGH CANDY

Boil a double handful of green hoarhound in 2 quarts of water, down to 1 quart; strain, and add to this tea 2 cups of extracted honey and a tablespoonful each of lard and tar. Boil down to a candy, but not enough to make it brittle. Begin to eat this, increase from a piece the size of a pea to as much as can be relished. It is an excellent cough candy and always gives relief in a short time.

WALNUT CREAMS

Boil to the hard snap stage 1 cup of grated chocolate, 1 cup of brown sugar, 1 cup of extracted honey and $\frac{1}{2}$ cup of sweet cream. When it hardens on being dropped in water, stir in butter the size of an egg. Just before removing from the fire, add 1 teaspoonful of vanilla and 2 cups of finely chopped walnuts. Stir thoroughly and pour on buttered plates to cool, cutting it into squares. Other kinds of nuts may be substituted for walnuts.

CHOCOLATE CARAMELS

1 pint of sugar, 1 pint of extracted honey, $\frac{1}{4}$ pound of grated chocolate, $\frac{1}{2}$ cup of sweet cream. Try often while it is boiling by dropping a small portion in cold water. When it will form a soft ball, pour about $\frac{1}{4}$ inch thick on greased tins.

BUTTERSCOTCH

1 cup of butter, 2 cups of sugar, 2 cups of extracted honey, 1 heaping teaspoon of cinnamon. Boil ten minutes, pour into a buttered pan and when cold cut into squares.

CRACKER JACK

1 cup of brown sugar, 1 cup of extracted honey. Boil until it hardens when dropped into cold water. Remove from stove and stir in $\frac{1}{2}$ teaspoon of soda. Stir in all the pop-corn it will take, spread on greased tins and mark in squares.

INDIAN PUDDING

Five cups of milk, 1-3 cup of corn meal, $\frac{1}{2}$ cup of honey, 1 teaspoon of salt, 1 teaspoon of ginger.

Cook milk and meal in a double boiler 20 minutes; add honey, salt and ginger; pour into buttered pudding dish and bake 2 hours in a slow oven; serve with cream.

MRS. BARBER'S HONEY-CANDY

1 quart honey, 1 small teacup of granulated sugar, butter size of an egg, 2 tablespoons strong vinegar. Boil until it will harden when dropped into cold water, then stir in 1 small teaspoon of baking soda. Pour into buttered plates to cool. Without the vinegar and soda it can be pulled or worked a long time, and is just the thing for an old-fashioned candy pull, as it is not sticky and yet is soft enough to pull nicely.

HONEY SAUCE

Boil 1 scant cup of honey, $\frac{1}{4}$ cup of water, 1 tablespoon of butter, a saltspoon of salt, a saltspoon of cinnamon, a little nutmeg and the juice of one lemon (or 2 tablespoonfuls of vinegar) together for fifteen minutes. Nice with apple dumplings or boiled rice.

HONEY GRAPE-JELLY

Stew the grapes until soft; mash and strain them through cheesecloth, and to each quart of juice add 1 quart of honey, and boil it until it is thick enough to suit. Keep trying by dipping out a spoonful and cooling it. If you get it too thick it will candy. Any other fruit-juice treat just the same.

HONEY SHORTCAKE

3 cups of flour, 2 teaspoonfuls baking-powder, 1 teaspoonful salt, $\frac{1}{2}$ cup shortening, $1\frac{1}{2}$ cups sweet milk. Roll quickly and bake in a hot oven. When done, split the cake and spread the lower half thinly with butter, add the upper half with $\frac{1}{2}$ pound of the best flavored honey. (Candied honey is preferred. If too hard to spread well it should be slightly warmed or creamed with a knife.) Let it stand a few minutes and the honey will melt gradually and the flavor will permeate all through the cake. To be eaten with milk.

HONEY POPCORN BALLS

Take 1 pint extracted honey; put it into an iron frying pan and boil until very thick; then stir in freshly popped corn and when cool mold into balls. These will especially delight the children.

MRS. AIKEN'S HONEY APPLE-BUTTER

1 gallon good cooking apples, 1 quart of honey, 1 quart honey-vinegar; 1 heaping

teaspoonful ground cinnamon. Cook several hours, stirring often to prevent burning. If the vinegar is very strong, use part water.

TO SPICE APPLES, PEARS or PEACHES

1 quart of best vinegar, 1 quart of honey, $\frac{1}{2}$ ounce each of cloves and stick cinnamon. Boil all together 15 minutes, then put in the fruit, and cook tender. Put in a stone jar with enough of the syrup to cover the fruit. It will keep as long as wanted.

FOR SUGARCURING 100 POUNDS OF MEAT

8 pounds of salt, 1 quart of honey, 2 ounces of saltpeter and 3 gallons of water. Mix, and boil until dissolved, then pour it hot on the meat.

DR. KNEIPP'S HONEY-SALVE

This is recommended as an excellent dressing for sores and boils. Take equal parts of honey and flour, add a little water and stir thoroughly. Don't make too thin. Then apply as usual.

DR. PEIRO'S HONEY-SALVE

For boils and other diseases of a similar character—is made by thoroughly incorporating flour with honey until a proper consistency to spread on cloth. Applied over the boil it hastens suppuration and the early termination of the painful lesion.

THE FOOD VALUE OF HONEY



Fig. 2—Seven Ounces of Honey is Equal in Food Value to 12 Ounces Round Beefsteak, 5.6 Ounces Cream Cheese or $8\frac{1}{2}$ Ounces Walnuts

the hive. Thirteen cents worth of walnuts are necessary to equal the small jar of honey. Since extracted honey usually sells at less than 16 cents per pound at retail, 7 cents will not be far from the cost.

Figure 3 shows that 8 oranges, which cost 20 cents, supply an amount of food equal to 7 ounces of honey, and 5 bananas, at 25 cents per dozen, cost 10 cents.

The following table shows the amount of the various items required to supply food value equal to 7 ounces of honey, according to the above mentioned authority. The retail prices that prevail at this time are also given:

Honey, 7 ounces -----	7¢	Boneless codfish, 15 ounces ----	20¢
Cream cheese, 5.6 ounces-----	9¢	Oranges, 8 -----	20¢
Eggs, 10 -----	25¢	Bananas, 5 -----	10¢
Round beefsteak, 12 ounces ----	15¢	Walnuts, $8\frac{1}{2}$ ounces -----	13¢

The above items are in general use, and few if any of them are regarded as luxuries. By reference to the above table it will be seen that as far as actual value is concerned, honey is one of the cheapest of the ready-prepared foods. Only such raw products as potatoes, corn meal, beans, etc., which must be prepared for the table after purchase, are cheaper in food value, at current prices, than is honey.



Fig. 3—7 Ounces Honey, 5 Bananas and 8 Oranges—Honey is One of the Cheapest Foods in the Market for Actual Nutritive Value

HONEY AS A HEALTH FOOD

According to the South African Farmer's Weekly, honey sells in many South African towns at from 36 to 54 cents per pound, notwithstanding the fact that good crops are readily produced there. Butter often sells at such prices in this country but never honey.

Since honey contains but little waste, it can be eaten in moderate quantities with much less tax on the eliminating organs than most other foods. Dr. Imfeld, of Geneva, Switzerland, has been quoted as saying: "If people would eat more honey, we doctors would starve."

"Eat thou Honey because it is good." Prov. XXIV-13. About 80 pounds of sugar on the average is consumed annually by every man, woman and child in the United States. Formerly honey was the principal sweet and it was one of the items sent by Jacob to his son, the chief ruler of Egypt, 3000 years before the first sugar refinery was built.

When sugar is eaten it cannot be assimilated until it has been changed by digestion into grape sugar. Very often the stomach fails to do this work properly and the kidneys are taxed beyond their strength to remove this excess sugar from the system.

With honey, the case is entirely different, as it is already in the form of grape sugar and is assimilated without any effort on the part of the stomach, and thus the kidneys and other organs are relieved of any extra work.]



Dr. C. C. Miller of Marengo, Illinois, says: — "It would be greatly for the health of the present generation if honey could be at least partially restored to its former place as a common article of diet. The almost universal craving for sweets of some kind shows a real need of the system in that direction but the excessive use of sugar brings in its train a long list of ills. Now in the wonderful laboratory of the beehive there is found a sweet that needs no further digestion, having been prepared fully by those wonderful chemists, the bees, for prompt assimilation, without taxing stomach or kidneys."

Dr. C. C. Miller at 84 years of age eats honey instead of sugar because he wants to live as long as he can and be as well as he can while he lives.

Prof. A. J. Cook, State Horticultural Commissioner at Sacramento, California, says:—"Physicians may be correct in asserting that the large consumption of cane sugar by the Twentieth Century Man is harmful to the great eliminators, the kidneys, and so a menace to health and long life. There can be no doubt but that in eating honey our digestive machinery saves work that it would have to perform if we ate cane sugar, and in case it is overtaxed and feeble this may be just the respite that will save it from a breakdown."]

GIVE THE CHILDREN HONEY

Children have a natural craving for candy and other sweets and this craving is an evidence that it is needed in their diet. Give the children honey and they are supplied with a sweet that will have no bad effect. Honey being readily assimilated it will not be a tax on the little stomachs and kidneys and will go a long ways toward keeping them in a healthy condition.





APR 79



N. MANCHESTER,
INDIANA 46962

LIBRARY OF CONGRESS



0 002 837 435 5